

Hartford Elementary News

Valentine's Day Parties



March Events:

- Friday, March 1 - Read Across America Day & Trojan Buck Store
- Tuesday, March 5 - PTA Meeting @ HS Library @ 7:00
- Tuesday, March 5 - Tyler Tuesday
- Wednesday, March 6 - Birthday Bash
- Thursday, March 7 - End of 3rd Quarter
- Friday, March 8 - No School
- Tuesday, March 12 - Math & Science Night & Bookmobile
- Thursday, March 14 - Report Cards go home with students
- Friday, March 15 - No School
- Tuesday, March 19 - Kindergarten Screening in Humboldt 4 - 8 pm
- Thursday, March 21 - Kindergarten Screening in Hartford 8am -8pm
- Thursday, March 21 - NO Kindergarten or Junior Kindergarten
- Friday, March 22 - NO Kindergarten or Junior Kindergarten
- Wednesday, March 27 - Lifetouch Spring Pictures
- Thursday, March 28 - Trojan Buck Store
- Friday, March 29 - No School - Good Friday



THE FEBRUARY BIRTHDAY BASH

The February Birthday Bash was held on Wednesday, February 6th. Mrs. Tyler read the book, Happy Birthday to You! by Dr. Seuss. Each child received a pencil, a birthday card, a Trojan Buck, and a fruit snack. Happy birthday to all the February birthdays!



Kindergarten February Birthdays

Cyrus (2-20), Mara (2-24), Mercer (2-16), Ava (2-19), and Jameson (2-5)

First Grade February Birthdays

Back Row: Elisabeth (2-14), Hadley (2-1), Sadie (2-19), Dessa (2-9), and Annaliese (2-8)

Front Row: Zeb (2-20), Chet (2-2) and Chandler (2-2)

TYLER TUESDAY

Tuesday, March 5th

For all March Birthdays!

Call Pam @ 528-3215 to register!



Second Grade February Birthdays

Back Row: Sladen (2-26), Robbie (2-20), Benjamin (2-26), Phoenix (2-27), and Alex (2-9)

Front Row: Jace (2-22) and Rylan (2-14)

THE JULY BIRTHDAY BASH

The July Birthday Bash was held on Wednesday, February 6th. Mrs. Tyler read the book, Happy Birthday to You! by Dr. Seuss. Each child received a pencil, a birthday card, a Trojan Buck, and a fruit snack. Happy birthday to all the July birthdays!



First Grade July Birthdays

Back Row: Isabella (7-31), Lauren (7-7), Aerial (7-9), and Sydney (7-9)

Front Row: Sarianna (7-30), AJ (7-19), Trevin (7-5), and Samantha (7-13)

No School

- Friday, March 8
- Friday, March 15
- Friday, March 29



Kindergarten July Birthdays

Back Row: Joshua (7-29), Quincy (7-25), Landry (7-16), and Jorja (7-19)

Front Row: Bennett (7-7), Torrance (7-24), and Carter (7-4)



Second Grade July Birthdays

Andrew (7-18), Luke (7-29), Dalton (7-15), and Alexa (7-1)

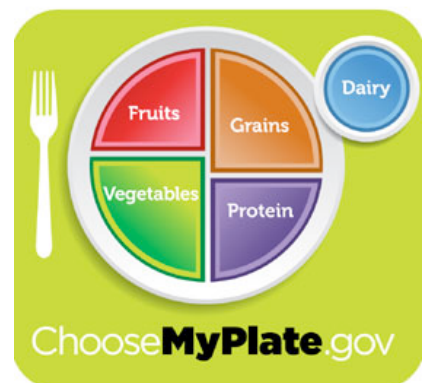


Nurse's Notes by Rachel Sebr, School Nurse

As you are aware, there have been quite a few changes with our school lunch program this year. You may have heard a few grumbings about the increase in healthier food choices from your kiddos, but March is National Nutrition Month and a time to celebrate these positive lunchroom selections.

In June 2011, the *MyPyramid* image was replaced by *MyPlate* in an effort to make the 2010 dietary guidelines easier to understand. The latest recommendations include having half your plate consist of fruits and vegetables. Many of us enjoy these types of foods, however, some kids, and adults too for that matter, can be picky eaters. Here are a few tips on integrating fruits and vegetables into your own food routine.

1. Variety abounds when using vegetables as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Try vegetables instead of chips with your favorite low-fat salad dressing for dipping.
4. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
5. Add color to salads with carrots, tomatoes, spinach leaves or mandarin oranges.
6. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner.
7. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
8. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
9. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
10. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
11. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
12. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
13. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
14. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
15. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.



Visit ChooseMyPlate.gov for more information on the *2010 Dietary Guidelines for Americans* or for more ideas on integrating healthy food options into your family's favorite dishes.

PTA NEWS

Upcoming Events

- PTA meeting Tuesday, March 5th @ 7:00 pm at HS Library.

Special Fundraising Projects for 2012-2013

1. Reduce school supply list by providing **ALL** notebooks and folders for the 2013-2014 school year.
2. Provide shin guards and soccer nets for the Humboldt and Hartford Elementary play grounds.

PTA annual membership is \$5.00. This year, members who activate their card will receive \$10.00 off a \$50.00 purchase at Office Max! Drop off your membership dues - along with a sheet of paper with your name, address, phone number, email address, and employer - at the school office or with your school's PTA representative. Please feel free to email us at: ptawestcentral@gmail.com for any suggestions or comments or visit our website at <http://facebook.com/groups/PTAWestCentral>. We would love to hear from you!

Youth Art Month

March, Youth Art Month, is a celebration of youth creativity and art production. Every March, Youth Art Month (YAM) emphasizes the value of art education for all youth and encourages support for quality school art programs. YAM also acknowledges the skills fostered through experiences in the visual arts that may not be possible in other subjects. Art Education develops self-esteem, appreciation for other's work, self expression, cooperation with others, and critical thinking skills. All of these skills are vital to the success of our future leaders, our children.

To celebrate the arts with your child during Youth Art Month, here are some suggestions;

- Find time to create art at home. Let your child lead the activity.
 - Buy a new material or medium for your child to use to create art, such as cloud clay or chalk pastels.
 - Make edible art using fruits and vegetables or other food items.
 - Visit an art museum or gallery. We have several art museums in our area and many art galleries in downtown Sioux Falls. The Washington Pavilion has free exhibits in its Visual Arts Center, along with a children's studio that offers creative play and visual art activities. The Visual Arts Center children's studio at the Washington Pavilion offers FREE Saturday morning story and activity times especially for preschoolers from 10:15 to 11:00 am.
 - Attend an art camp or class. West Central Community Education has a listing of spring and summer art classes for our area.
 - Find art in your home. From furniture to pictures, art and design are all around us.
 - Make art online or learn about a famous artist at one of my favorite websites. Find art links by visiting my website at <http://sites.google.com/site/westcentralhartfordelementary>.
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What do I do with all this art?!

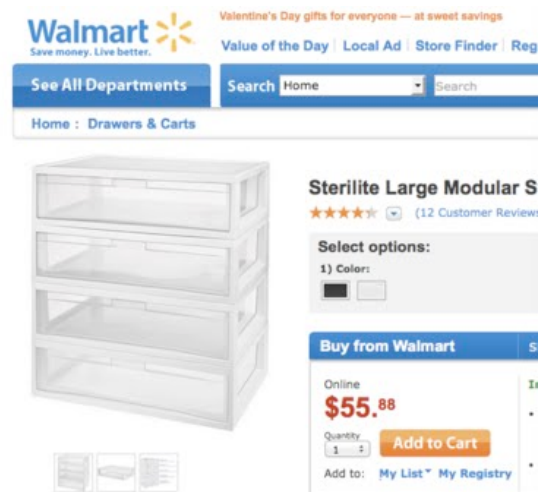
by Brenda Sosa, Art Instructor

I recently had a parent ask me what do I do with all the stacks of "Little Johnny's" art from creative paintings and drawings to 3-dimensional sculptures that were overwhelming their home. Speaking as a parent with several of my own disorganized yet creative children with access to many art supplies and papers, I had a few suggestions for organization that occurs in our home.

First things first, establish an art area in your home. Whether it be a closet to hold art supplies and papers, a drawer or cabinet in the kitchen, or a small bookshelf in the corner of a room, find an area for your child to store their art supplies and papers in one location. I recently read an article entitled "[Art Space for Kids](#)" at "The Artful Parent" blog that touched on this topic and had some great ideas for how to create space for art even in the smallest homes. Having a designated art space in your home allows your child to have the freedom to experiment with different materials and be creative without limitations.

Next, find a place to store finished, in progress, or thoroughly dry art. As the mother of three children who are old enough to hold a pencil and a 4th soon to be on his way, I have a plastic four drawer container that holds these papers in one location, one drawer for each child. Each drawer face has the child's school picture and name taped to it with clear packing tape. As the drawer gets full, we sit down together and divide the projects and papers into three groups; trash, save, and not sure.

Anything that the child wishes to save can be scanned or photographed digitally and stored online through Artsonia, our school's online art gallery. Not many parents know this little bit of information, but parents also have the opportunity to upload art to Artsonia through their parent account and this art can be shared with your Artsonia "fan club" members (see photo below). Once the art is uploaded digitally, then the tangible art can be thrown in the trash or one to two truly precious pieces of art can be saved for a scrapbook. If you have any questions about art at school or in the home, feel free to contact me or watch for updates on website at <http://sites.google.com/site/westcentralhartfordelementary/>.



West Central Community Education Spring Art Camps ~ 2013



Toddler Art Time

Discover and explore art hands-on through sculpture, painting, story time, and tactile collage activities. Each class will have a unique art experience. Activities specifically geared towards young toddlers.

Ages 20 months to 3 years with at least one adult attending
10:00-11:00am Saturdays, March 23rd, April 20th, or May 11th
Attend all three for \$30, or one class for \$10.
3 students minimum/8 students maximum

Paper, Paper, Paper...

Everything paper from marbling and stamping to origami and paper making.

Ages 8-14
Saturday, March 23rd
12:30-3:30pm
\$15 per student
6 students minimum/12 students maximum



Mosaic Art

In this fun class, learn to make your own mosaic art project. Choose from several project bases (stepping stone, clock, or mirror). All bases and materials are included, along with tiles, adhesives, grout, and sealer. Use the wide array of colored ceramic tiles provided and leave the class with a terrific handmade gift for you or your mother. A great class for beginners or for parent and child to attend together.

Ages 7-Adult
Saturday, April 20th
12:30-3:30pm
\$30 per student
4 students minimum/12 students maximum

Lions and Tigers and Bears...Oh My!

Draw and paint an animal on canvas, create a small animal sculpture from model magic, make an animal collage and habitat for your animal to live and make an animal mask from paper all in this fun animal themed class!

Ages 6-10
Saturday, May 11th
12:30-3:30pm
\$15 per student
6 students minimum/12 students maximum

Instructor: Brenda Sosa Location: WC Hartford Elementary Art Room

The only way to ensure a first come first serve registration is to ask you to sign-up to hold your place online. Once you've gone to the website and completed the online form, we will email you a registration form. Registration can be returned to any West Central School office. Please be sure to include payment with registration. Visit the site below to hold your spot NOW!

<http://wccommed.wikispaces.com/Spring+Art+Camp>

West Central Community Education Spring Enrichment Camps ~ 2013

Investigating Artifacts

Anthropology? Archaeology? Explore diverse Native American and world cultures and learn how ancient peoples used folklore to explain and represent the natural world. Students will sift through “artifacts” learning skills required for excavation, map-drawing and curatorship. With a tapestry of anthropology, archeology, and mask-making, Investigating Artifacts is unique among guided-discovery math and science activities.

Students GRADES 3 - 6

Tuesdays - six weeks (April 9, 16, 23, 30, May 7, & 14)

3:45-5:15pm

Hartford Elementary

\$30 per child

14 students minimum/24 students maximum

Sifting through Science

Free-exploration learning stations build to a concluding whole-group activity in which students apply their learning. Mathematics is integrated throughout. Students investigate material properties - sink or float, magnetic vs nonmagnetic, sifting and separating mixtures. Students are then given a mini garbage dump and challenged to separate the contents. Children will have an opportunity to discuss their work in the significant, real-life context of recycling and the environment.

Students GRADES K-2

Mondays - four weeks (April 15, 22, 29, & May 6)

3:45-5:00pm

Hartford Elementary

\$28 per child

14 students minimum/24 students maximum

Instructors: Sarah Weber & Kathy O'Hara Location: WC Hartford Elementary

The only way to ensure a first come first serve registration is to ask you to sign-up to hold your place online. Once you've gone to the website and completed the online form, we will email you a registration form. Registration can be returned to any West Central School office. Please be sure to include payment with registration. Visit the site below to hold your spot NOW!

<http://wccommed.wikispaces.com/Spring+Enrichment+Camp>



Junior Achievement is paving the way to help students understand the importance of money-management and education!

Volunteers play a vital role in bringing Junior Achievement to life. By sharing their personal and professional experiences, volunteers help students make the connection between what they are learning in school and what they will need to succeed in work and life.

Please extend a special thank you to the volunteers and teachers listed below who participated in JA during the 2012-2013 school year. With their support, we are able to inspire over 47,000 South Dakota students.

If you would like to share your knowledge and business experience with students in elementary, middle, or high school, please contact the JA office at (605) 336-7318 or jasd@ja.org. Volunteers are critical to JA's mission to provide students with a better understanding of their financial and economic future.

**2012-13 Junior Achievement Volunteer Consultants and Teachers
West Central Elementary-Hartford**

Teacher	Grade	JA Program	JA Volunteer Consultant
Kyndra Brockmueller	1	JA Our Families	Julie Bostic, Sanford Health-Hartford Clinic
Brittany Henry	1	JA Our Families	Amanda Hoffman, Home Federal Bank
Brittany Henry	1	JA Our Families	Kari Borns, Home Federal Bank
Glenda Knuth	1	JA Our Families	Chris Peters, Central Valley Accounting Solutions
Glenda Knuth	1	JA Our Families	Deb Peters
Lanesha Underberg	1	JA Our Families	James Nytroe, Sioux Falls Federal Credit Union
Sam Jacobs	2	JA Our Community	Troy Larson, Lewis & Clark Regional Water System
Trey Manitz	2	JA Our Community	Scott Nelson, KTTW Fox 7
Kathy O'Hara	2	JA Our Community	Heidi Hall, Capital One
Carolyn Spielmann	2	JA Our Community	Lisa Engels, PREMIER Bankcard

Sign Up for Kindergarten - There is still time!

Parents are asked to call Pam at 528-3215 to register their child and schedule an appointment for a kindergarten screening time. The screening will take place on March 19th at the Humboldt Elementary with times available between 4:00 and 7:00 PM, and March 21st at the Hartford Elementary with times available between 8:00 AM – 7:00 PM. Thank you!

REFLECTIONS....BY MRS. TYLER, PRINCIPAL



This reflection piece has taken me a long time to write...because of all the reflecting I've been doing. You see, I've made the decision to retire from West Central at the end of this school year. Some of you may think, "It's about time!" and it probably is. I started teaching here in the fall of 1979, after attending school here as a student. So, if my calculations are right - this would be my 34th year here. Even though I taught math for my first three years, I can't even begin to calculate the number of students I've taught and had in my charge as principal. Many.

While this retirement is from West Central, I can't retire from working. I'm not sure where this next adventure will lead me...maybe in education, maybe not. This is the biggest risk I've ever taken in my life, since I'm not sure where I'll end up. West Nile showed me that I have to slow down a little bit...stop and smell the flowers (the ones without mosquitoes), and find something I can do that won't have the stress level that often goes with being in charge.

On a Monday night in January, the week after telling Dr. Danielsen my intentions to retire, I had to stay late. I had been gone three days the week before for the legislative delegate assembly and our principals conference. Dr. Danielsen needed my behavior data reports for the next school board meeting in a week (I was behind), my newsletter was going out on Friday (I hadn't started), and the stack on my desk and email inbox kept getting higher with things and people who needed my attention.

I stopped and looked around. I took down the Principals' Photo Albums from all eleven years I held the title of principal. I looked at how much I had changed and wondered where all the students were now...in their lives...in their learning...in their innocence. For the first time since I landed on this decision to leave West Central, I felt the impact. Had I made a difference? Did others care as deeply about this district, staff, students, families, and community as I did? And on a more realistic note: How will I ever go through all these files, books, and junk I've accumulated over the years? There are so many memories that go with each piece of paper, binder, yearbook, and picture. I will always cherish these and the time I have "lived" here at this place in this time.

In a way, I feel like I'm letting others down by stepping off this roller coaster...and what a wonderful ride it's been. But I know what I have to do for me this time. Like I told Dr. Danielsen, while I'm retiring from West Central, I'm not leaving the district. I'll be around at the bowling alley on league night and church league on Sundays. I'll be at Jamboree Days, class reunions, sporting events, and school plays. So, while my life will change for me, this won't be goodbye.

Thanks for the opportunity to be a part of the life of West Central and the great things that happen here! I've been blessed.

The challenge of retirement is how to spend time without spending money. ~Author Unknown

Walking the Rescue Tightrope by Love & Logic

Do you ever feel like you are on a tightrope? On one side of the narrow line is a scary drop into "Overprotection Canyon" while the other side offers an even worse fall into "Dangers-of-the-World Abyss." Why is it so difficult to stay balanced between coddling...and allowing disaster?

This world can be a pretty complicated place. Some dangers can *seem* very subtle - even harmless. In other cases, our instinct to rescue kids can kick in when it's really not necessary.

While we can't give you an easy, one-size-fits-all answer to this dilemma, we can offer some general guidelines to help you stay balanced:

- **If somebody on Planet Earth will be hurt or killed, or somebody's future will be irreparably damaged, step in and save the day.** By the way, how often is this *really* the case? Not often.
- **Avoid rescuing when kids seem to EXPECT to be rescued.** This can be a dangerous trend - when kids are trained to believe they can be as irresponsible or reckless as they want and then EXPECT us to swoop in.
- **Be MORE ready to intervene with kids who don't usually need it.** If a kid never seems to need rescued, pay close attention when he/she does.
- **Base your decisions on real needs and real dangers, NOT what others might think.** Parenting is not about impressing the neighbors. Your kids' long-term health is way more important than the perceptions of others.

Find more solutions in Jim Fay's CD, *Raising the Odds for Responsible Behavior*.

Thanks for reading and good luck staying balanced! Our goal is to help as many families as possible.

Breakfast in March

National Breakfast Week is typically celebrated the first full week in March. West Central will celebrate every Wednesday in March with a sack breakfast given to all students in the district including Early Childhood. This breakfast will be FREE to all students. A menu of the sack breakfasts is below. The theme for this year is "Eat Right - Shine Bright with School Breakfast!"

Wednesday, March 6	Wednesday, March 13	Wednesday, March 20	Wednesday, March 27
Blueberry Muffin Cheese Stick Mixed Berry Juice Milk	MapleBrown Sugar Breakfast Bar Banana Milk	Apple Cinnamon Snack Puff Cheese Stick Juice, Milk	Banana CC Bar Apple Milk

Thank You for the Ashley Donations!
We'll give you the full report in the next
newsletter on what was collected!

Lifetouch Spring Pictures Wednesday, March 27th



Read Across America Day

Friday, March 1st

Many reading activities are planned
throughout the day - with a visit from
The Cat in the Hat!



No School for Kindergarten or Junior Kindergarten on

Thursday, March 21st
and Friday, March 22nd
Due to Kindergarten
Screening



Box Tops for Education

Just clip, put in a baggie and return to
school! There is also a drop box at
Sunshine.



Save Five for Schools

Just wash these milk and juice lids and
send to school in a baggie (or Sunshine).
Watch for store specials! We need the
WHOLE lid!



Labels for Education

This is not just Campbell's Soup Labels
anymore! There are many products that
qualify. Check it out at
labelsforeducation.com You can send
labels to school with your child or drop in
box @ Sunshine.

Cell Phones/Ink Cartridges

You can drop off old cell phones or ink
cartridges and we can recycle and get
money back. There is a box inside our
front door.